



LUNCH OPTIONS FOR GLUTEN SENSITIVITY

These menu options are based on the most current ingredient information from our suppliers. During normal operations involving shared cooking and preparation areas the possibility exists for food items containing gluten to come into contact with other food products. We are unable to guarantee that any menu items can be completely gluten free.

Please let us know the level of your gluten sensitivity and a manager will consult with you to ensure your exceptional dining experience.

Starters

Deviled Eggs w. Spiced Pecans & Sugar Cured Bacon...13

Salads

Field Greens...grape tomatoes, sun dried cranberries & champagne vinaigrette...
blue cheese or Laura Chenel goat cheese, add \$1...9

Caesar...hearts of romaine with Reggiano Parmesan...10

Chopped Salad...mixed greens, fresh corn off the cob, tomatoes, scallions,
Tillamook white cheddar & buttermilk herb dressing...11

Warm Goat Cheese & Spiced Pecan Salad...with field greens, sun dried cranberries,
tomatoes and champagne vinaigrette...12

Coastal Roast Chicken Salad...mixed greens, fresh corn off the cob, sun dried
cranberries, dates, tomato, sesame almonds, goat cheese & champagne vinaigrette...20

Lobster Club Salad...lobster salad from the meat of a one pound Maine lobster w/ field
greens, tomato, avocado, corn, bacon, a deviled egg & champagne vinaigrette...mkt

Naked Sandwiches

Gluten free bread available, add \$1.50

Grilled Chicken & Havarti Cheese...chicken, citrus mayo & roasted peppers w/ fries...18

Cheddar Cheeseburger*...CAB®, Tillamook cheddar, ketchup, pickle,
mustard mayo & fries...19

Bacon Cheeseburger*...Certified Angus Beef®, pecanwood smoked bacon,
American cheese, wicked sauce & fries...20

Brunch Burger*...CAB®, bacon, American cheese, wicked sauce, a fried egg & fries...21

Sides

Cucumber, Tomato & Corn Salad...6 Sautéed Spinach...6 Great American Fries...6

Cauliflower Mash...7 Sweet Potato Fries...7 Grilled Broccolini...7

Crispy Brussels Sprouts with Bacon & Spiced Pecans...7

All Food is Available To Go

080426-17L



COASTAL FLATS

World's Greatest Fajitas

Chicken, Steak* or Portobello...guacamole, cheddar, Monterey Jack, sour cream, corn tortillas, sautéed onions, rice & charro beans...served sizzling hot, but sometimes a little before or after the rest of your table's order.

Lunch portion	portobello.....15	chicken.....22	steak.....28	
Regular portion	portobello.....19	chicken.....25	steak.....34	combos..... 22-39
Jumbo portion	plenty for two			34-58
	extra portobello mushrooms.....4			

Fresh Seafood & Pasta

Hickory Grilled Fresh Fish*...the best available, hand cut in house daily...mkt

Crispy Fish Tacos...habanero slaw & corn tortillas w/ sweet potato fries...three...20, two...15

Penne Primavera...gluten free penne pasta, broccolini, mushrooms, asparagus, tomato & basil, olive oil, garlic & Reggiano parmesan...20
add chicken...\$4, add shrimp...\$4, add both...\$7

Louisiana Pasta*...chicken, andouille sausage, tomato, scallions & gluten free penne pasta in a spicy Creole cream sauce...add shrimp, \$4...23

Sautéed Filet Mignon Tips*...in tequila lime sauce on gluten free penne...while it lasts...24

Steak & Ribs

Hickory Grilled Marinated Hanger Steak*...with fries & roasted cremini mushrooms...30

Wednesday & Thursday...BBQ Baby Back Ribs...hickory smoked...w/ fries & cole slaw...32

Low Country Beef Back Ribs...hickory smoked, mustard bbq, fries & cole slaw...35

Wood Grilled Filet Mignon*...cremini mushrooms & fries...8 oz...49, 6 oz...42

Coastal Kids Under 12...served with milk, fountain soda, juice or lemonade

Cheeseburger...with choice of fries, unsweetened applesauce or carrots on a gluten free bun...6

Desserts

Warm Flourless Chocolate Waffle...with vanilla ice cream & toasted almonds...10

* Consuming raw or undercooked meat, fish or shellfish may increase your risk of contracting a foodborne illness, especially if you have certain medical conditions.

The asterisked items may be cooked to order upon request.

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